



A PROCLAMATION OF THE CITY OF KIRKLAND

Designating September 2013 as "Recovery Month" in Kirkland, Washington

WHEREAS, behavioral health is an essential part of health and one's overall wellness; and

WHEREAS, prevention of mental and/or substance use disorders works, treatment is effective, and people recover in our area and around the nation; and

WHEREAS, preventing and overcoming mental and/or substance use disorders is essential to achieving healthy lifestyles, both physically and emotionally; and

WHEREAS, we must encourage relatives and friends of people with mental and/or substance use disorders to implement preventive measures, recognize the signs of a problem, and guide those in need to appropriate treatment and recovery support services; and

WHEREAS, in 2011, 3.8 million people received specialty treatment for a substance use disorder and more than 31.6 million adults aged 18 or older received services for mental disorders, according to the *2011 National Survey on Drug Use and Health*. Given the serious nature of this public health problem, we must continue to reach the millions more who need help; and

WHEREAS, on October 1, 2013 as a result of the Affordable Care Act, more than 11 million uninsured individuals with behavioral health needs will become eligible for affordable insurance coverage for their treatment needs, according to the *2011 National Survey on Drug Use and Health*. We must ensure that all of these individuals are successfully enrolled into coverage; and

WHEREAS, the purpose of Recovery Month is to promote recovery, celebrate those in treatment, and continue to educate communities about how to overcome the barriers of stigma and discrimination;

WHEREAS, to help more people achieve and sustain long-term recovery, the U.S. Department of Health and Human Services, the Substance Abuse and Mental Health Services Administration, the White House Office of National Drug Control Policy, and King County, Mental Health, Chemical Abuse and Dependency Services Division invite all residents of Kirkland, Washington to participate in National Recovery Month;

NOW, THEREFORE, I, Joan McBride, Mayor of the City of Kirkland, do proclaim September 2013 as "Recovery Month" in the City of Kirkland, Washington and call upon the community to observe this month by supporting and participating in appropriate programs, activities, and ceremonies supporting this year's theme, *"Join the Voices of Recovery. Together on Pathways to Wellness."*

Signed this 1st day of September, 2013


Joan McBride, Mayor

